

REMINDER

Households are required to report the following changes within ten calendar days after the change becomes known to the household:

- A change in household size or composition, such as the addition or loss of a household member;
- An increase in gross monthly income of more than \$100;
- A change in residence and/or address;
- When the household no longer incurs a shelter or utility expense; or
- A change in the legal obligation to pay child support.

Failure to report a change may result in a household receiving food they were not entitled to receive. In such cases, a claim for the value of food received will be filed against the household.

DUAL PARTICIPATION

Household members are **not** permitted to participate simultaneously in the Supplemental Nutrition Assistance Program (SNAP) and the Food Distribution Program. Dual participation by any household member in the SNAP or another Food Distribution Program is prohibited.

FAIR HEARING

Individuals who disagree with any action taken on their case have the right to request a fair hearing. You or your representative may request a fair hearing in writing or orally. If you request a fair hearing, your case may be presented by a household member or representative, such as a legal counsel, a relative, a friend, or other spokesperson. To request a fair hearing, call or write the program. You have 90 days from the date of the action to request a fair hearing.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



Seminole Nation of Oklahoma Food & Nutrition Services Program



**P.O. Box 111
Seminole, Ok 74868-0111
Phone: 405-234-5240
Fax: 405-234-5287**

**Office Hours: Monday-Friday
8:00 A.M.-5:00 P.M.
Closed from 12:00-1:00 for lunch**

**Distribution Hours:
9:00-11:30
1:00-4:00**

Grocery Center is closed last two (2) business days each month for inventory & staff training

What is the Food Distribution Program?

The Food Distribution Program is a federal program that provides commodity foods to low-income households residing in approved areas in Oklahoma. To be eligible to participate, the household must contain at least one person who is a member of a federally recognized tribe.

Eligible households are certified based upon income and resource standards set by the federal government and must be recertified at least every 12 months.

The area served by the Seminole Nation Food & Nutrition Services Program is all of Seminole County.

How Do I Apply?

Applications for the Seminole Nation Food & Nutrition Services Program are available at the Food & Nutrition Services located 2 miles South of Seminole on Hwy 99, 2 miles West on Hwy 56, and 1/4 mile North on NS 354.

Households may file an application on the same day they contact the Food & Nutrition Program.

All applicants received by the program will be processed within seven days (excluding weekends & holidays) of date received.

What Foods Does the Program Offer?

Each month participating households receive a food package to help them Maintain a nutritionally balanced diet.



Participants may select from over 70 products including:

- Frozen ground beef, chicken, beef roast, and turkey
- Canned meats, poultry and fish
- Fresh fruits and vegetables
- Canned fruits and vegetables
- Canned soups and spaghetti sauce
- Low fat refried beans, dried beans, canned beans, and dehydrated potatoes
- Macaroni and cheese, pastas, cereals, rice, and other grains
- Cheese and egg mix

- Ultra high temperature (UHT) fluid low fat milk, nonfat dry milk and evaporated milk
- Flour, cornmeal, low-fat bakery mix, and reduced sodium crackers
- Bottled juices and dried fruit
- Peanuts and peanut butter , and fruit/nut mix
- Vegetable oil, light buttery spread, and butter



The Food Distribution Program offers recipes and preparation tips to help participants make nutritious use of the commodity foods. In addition, basic nutrition and proper storage information provided.

Program Staff:

Tod Robertson-Director

**Claudia Lena-Admin. Assistant/
Cert. Supervisor**

**Melissa Mack-Program Outreach
Coordinator**

**Rex Hailey-Store/Warehouse Supervisor
Walter Hill-Warehouse/Grocery Store
Clerk**